



 **25%**
HEALTH SCORE

Marinated Peppers

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



3

CALORIES



195 kcal

SIDE DISH

Ingredients

- 1 tablespoon balsamic vinegar
- 0.3 cup olive oil extra virgin
- 0.5 teaspoon basil fresh chopped
- 0.5 teaspoon basil fresh chopped
- 0.5 teaspoon parsley fresh chopped
- 1.5 cloves garlic sliced
- 1 bell pepper green
- 1 bell pepper red

- 3 servings salt and pepper to taste
- 1 bell pepper yellow

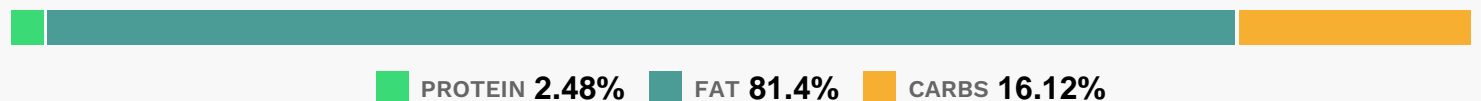
Equipment

- bowl
- oven
- plastic wrap

Directions

- Preheat the oven to 450 degrees F (200 degrees C).
- Place the whole red, green and yellow peppers in the oven directly on the rack. Roast for about 15 minutes, turning if needed, until the skin is well scorched. Immediately place in a bowl covered with plastic wrap or in a paper bag, and allow to cool.
- Remove the skins from the peppers by rubbing with your hands, and rinse under cold water.
- Cut in half, remove stem and seeds, then cut into strips.
- Place peppers into a medium serving bowl, and stir in the garlic, vinegar, oil, basil, parsley, salt and pepper.

Nutrition Facts



Properties

Glycemic Index:98, Glycemic Load:1.21, Inflammation Score:-9, Nutrition Score:10.683043495468%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 2.54mg, Luteolin: 2.54mg, Luteolin: 2.54mg, Luteolin: 2.54mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 195.02kcal (9.75%), Fat: 18.28g (28.12%), Saturated Fat: 2.54g (15.9%), Carbohydrates: 8.15g (2.72%), Net Carbohydrates: 6.25g (2.27%), Sugar: 3.43g (3.81%), Cholesterol: 0mg (0%), Sodium: 199.21mg (8.66%), Alcohol: 0g

(100%), Protein: 1.25g (2.51%), Vitamin C: 155.95mg (189.03%), Vitamin A: 1471.36IU (29.43%), Vitamin E: 3.37mg (22.45%), Vitamin K: 16.15µg (15.38%), Vitamin B6: 0.29mg (14.48%), Manganese: 0.17mg (8.61%), Folate: 32.62µg (8.15%), Fiber: 1.9g (7.59%), Potassium: 249.61mg (7.13%), Vitamin B3: 0.94mg (4.71%), Copper: 0.08mg (4.08%), Vitamin B1: 0.06mg (3.88%), Iron: 0.66mg (3.65%), Magnesium: 14.54mg (3.63%), Vitamin B2: 0.06mg (3.32%), Phosphorus: 31.1mg (3.11%), Vitamin B5: 0.24mg (2.41%), Zinc: 0.24mg (1.61%), Calcium: 15.64mg (1.56%)